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# Nebraska Area Newsletter



“WE’RE HERE AND WE’RE FREE”

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Issue 1, Volume 11

Recovery in the Heartland

January 10, 2009

## STANDING COMMITTEES OF COCAINE ANONYMOUS

<p><b>P I Committee - Chair Terry J.</b> (1<sup>st</sup> Tuesday of every Month 2/3- 3/3) 6pm Twelve Step House 7306 Grant St.</p> <p><b>Area GSR Meeting - Chair Becky L.</b> (2<sup>nd</sup> Sat. of every Month 2/14- 3/14) 6pm Twelve Step House 7306 Grant St.</p> <p><b>Midwest Regional Committee</b> Chair- Doug W. (2<sup>nd</sup> Tuesday of every month 1/13- 2/10) 6pm Twelve Step House 7306 Grant St.</p> <p><b>Unity Committee – Chair Orlando J.</b> (3<sup>rd</sup> Tuesday of every Month 1/20- 2/17) 6pm Twelve Step House 7306 Grant St.</p>	<p><b>H&amp;I Committee – Chair Arrick</b> (4<sup>th</sup> Tuesday of every Month 1/27- 2/24) 6pm Twelve Step House 7306 Grant St.</p> <p><b>Help Line – Chair Ray M.</b> (5<sup>th</sup> Tuesday – 3/31) 6pm Twelve Step House 7306 Grant St.</p> <p><b>Archive Committee- Chair Vondra D</b> (5<sup>th</sup> Tuesday – 3/31) 7pm Twelve Step House 7306 Grant St.</p>
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### Meeting of the Month

#### January

**SCOOTERS WINNER’S GROUP- 7306 Grant Street Thursday 8:30 p.m. 12 Step House**  
Featuring Step Study on Step 2 January 22<sup>nd</sup>

#### February

**THIS IS HOW WE DO IT- 5501 No. 50th St Friday 7:00 p.m. Mt. Nebo Church.**  
Featuring Step Study on Step 3 February 20<sup>th</sup>



## CA Birthdays...

### NOVEMBER

Lakisha T.	6 mos.
Tony	9 mos.
Brent H.	2 yrs.
Nate G.	2 yrs.
Ruby W.	2 yrs.
Ray M.	2 yrs.
Mike H.	3 yrs.
Robert H.	10 yrs.
Alice C.	9 yrs.
Bryan R.	10 yrs.
Eddie H.	16 yrs.

### DECEMBER

Brian I.	18 mos.
Terry J.	3 yrs.
Randall	4 yrs.
Greg B.	7 yrs.
Linnette K.	7 yrs.
Rose B.	14 yrs.

## GOD Willing...

### JANUARY

Chris J.	9 mos.
Billy L.	18 mos.
Dj Casey	18 mos.
Mike R.	8 yrs.
Arlo R.	9 yrs.
Pamela G.	9 yrs.
Todd G.	10 yrs.
Lori D.	12 yrs.
Ms. Troy	30 yrs.

### FEBRUARY

Doug R.	4 yrs.
Brigette	10 yrs.
Cathy C.	11 yrs.
David L.	17 yrs.
Brian M.	21 yrs.



CA needs volunteers to join the Midwest Regional Convention Committee. This is a huge event that draws CA members from a 5 state region. There is a lot of strategic planning and implementation of the plan. In order for this to be a successful event requires several individuals participating. If you are new to CA and don't really know how to offer yourself to service this is a perfect avenue to demonstrate exactly what your capable of delivering. Call Doug W or attend the committee meeting.



**HAPPY NEW YEAR  
In  
2009**

#### Into Action Meeting of CA

Is in need of a few good addicts to share their Experience, Strength and Hope-

Saturday 7:30 p.m.  
Sienna Francis House  
1702 Nicholas Street



"You're fired, Jack. The lab results just came back, and you tested positive for Coke."



HOPE, FAITH AND  
COURAGE !! CONTACT YOUR GSR  
THEY WILL HOOK YOU UP FOR  
ONLY \$15.00

#### NEW YEARS RESOLUTIONS

**IF YOUR RESOLUTION IS TO GIVE BACK WHAT WAS FREELY GIVEN TO YOU, THEN YOU ARE READY TO PERFORM SERVICE WORK.**

**EVERY TUESDAY AT 6:00 P.M. THERE ARE SEVERAL PEOPLE THAT MEET, DISCUSS, PLAN AND GET INTO ACTION. THEY MEET AT THE 12 STEP HOUSE LOCATED AT 73<sup>RD</sup> AND GRANT STREET IN THE SMALL FRONT ROOM.**

**AS SILLY AS IT SOUNDS, IT INSURES AGAINST RELAPSE AND HELPS KEEP THE FELLOWSHIP STONG AND**

## TRADITION ONE

**“Our common welfare should come first;  
Personal recovery depends upon C.A. unity.”**

“No one can survive unless he carries the C.A. Message. The moment a group in CA is formed, another discovery is made. Most individuals CANNOT RECOVER UNLESS THERE IS A GROUP. The realization dawns that each individual is a small part of a greater whole. No personal sacrifice is too great for the *PRESERVATION OF THE FELLOWSHIP*. He learns that the clamor of desires and ambitions within him must be silenced whenever they could damage the group. It becomes apparent that the group must survive or the addict will not.

*"The AA Big Book, AA 12 Steps and 12 Traditions, are used with permission."*

## TRADITION TWO

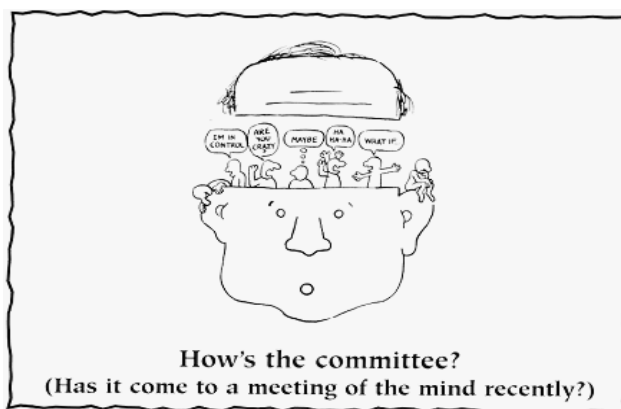
**“For our group purpose there is but one ultimate authority – A loving God as he may express himself in our group conscience; our leaders are but trusted servants, they do not govern.”**

In no sense whatever can its members govern or direct the group. They are servants. Theirs is the sometimes-thankless privilege of doing the group's chores. Headed by the chairman, they look after public relations and arrange meetings. Their treasurer, strictly accountable, takes money from the hat that is passed, banks it, pays the rent and other bills, and makes a regular report at business meetings. The secretary sees that the literature is on the table, looks after the phone-answering service, answers the mail, and sends out notices of meetings. Such are the simple services that enable the group to function. The committee gives no spiritual advice, judges no one's conduct, and issues no orders. Every one of them may be promptly eliminated at the next election if they try this. And so they make the belated discovery that they are really servants, not senators. These are universal experiences. Thus throughout C.A does the group conscience decree the terms upon which its leaders shall serve.

THE SOLE AUTHORITY IN C.A. IS A LOVING GOD AS HE MAY EXPRESS HIMSELF IN THE GROUP CONSCIENCE

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**“WE LEARNED THAT WE HAD TO FULLY CONCEDE TO OUR INNERMOST SELVES THAT WE WERE ADDICTS AND THE DELUSION THAT WE WERE LIKE OTHER PEOPLE OR PRESENTLY MAYBE, HAS TO BE SMASHED.” THIS IS THE FIRST STEP IN RECOVERY**



*Property of CA Nebraska*

## CA MEETING CALENDAR

### SUNDAY

**SOLID AS A ROCK**  
7:00 p.m.  
Mt. Moriah Church  
2602 N. 24th St., Omaha  
Open Meeting - No Smoking

**KEEPING IT REAL**  
7:30 p.m.  
2015 S. 16<sup>TH</sup> St., Lincoln  
Open Meeting- No Smoking

### MONDAY

**EARLY START**  
6:00 p.m.  
GOCA Building  
2406 Fowler Ave., Omaha  
Open Meeting - No Smoking

**MONDAY NIGHT MIRACLES**  
7:00 p.m.  
2725 No 60th Ave, Omaha  
Immanuel Lutheran Church -lower entrance  
Closed Meeting (Addicts Only) - No Smoking

### TUESDAY

**IT'S THE REAL THING**  
7:30 p.m.  
12 Step House - Downstairs  
7306 Grant St., Omaha  
Open Meeting - No Smoking

### WEDNESDAY

**H.O.W.**  
7:00 p.m.  
Assumption Catholic Church  
2215 U St.  
Open Meeting - No Smoking

### THURSDAY

**BRING IT ON**  
7:00 p.m.  
New Bethel Church  
1710 No. 25th (25th and Decatur)  
Open Meeting - No Smoking

### THURSDAY

**SCOOTER'S WINNERS GROUP**  
8:30 p.m.  
12 Step House - Upstairs  
7306 Grant St., Omaha  
Open Meeting - No Smoking

### FRIDAY

**THIS IS HOW WE DO IT**  
7:00 p.m.  
Mt. Nebo Church  
5501 No. 50th St., Omaha  
Open Meeting - No Smoking

**IT'S ABOUT TIME**  
7:00 p.m.  
Stephens Center  
2723 Q. St., Omaha  
Open Meeting - No Smoking

**SOLUTION SEEKERS**  
7:00 p.m.  
United Church of Christ  
1302 F Street. Lincoln  
Open Meeting - No Smoking

**DROP THE ROCK**  
9:00 p.m.  
Recovery Zone  
701 So. 75th St., Omaha  
Open Meeting - No Smoking

### SATURDAY

**JUST US WOMEN**  
10:00 a.m.  
12 Step House - Upstairs  
7306 Grant St., Omaha - (women only)  
Open Meeting - No Smoking

**BOYS TO MEN**  
11:00 a.m.  
Dorothy B's Recovery House  
3042 Fowler Ave., Omaha - (men only)  
Open Meeting - No Smoking

**INTO ACTION**  
7:30 p.m.  
Sienna/Francis House  
1702 Nicholas St., Omaha  
Open Meeting - No Smoking

**SATURDAY NIGHT SOLUTIONS**  
8:00 p.m.  
12-Step House-Front Room  
7306 Grant St, Omaha  
Open Meeting - No Smoking

**CA NEBRASKA**  
Presents  
**The 22<sup>nd</sup> Annual CA Anniversary Dinner**

AT  
**CASIO'S STEAKHOUSE**  
1620 South 10<sup>th</sup> Street  
Omaha, NE 68108

**Saturday January 24<sup>th</sup> 2009**

**\*Fellowship starts at 5:30 p.m. \*Dinner served at 6:00 p.m. \*Speakers start at 7:15 p.m. There will be a 50/50 Raffle and Raffle for prizes. You will have a choice of 3 different menu items Steak, Chicken or Lasagna. Tickets must be purchased in advance for \$25.00**

**\*\* Anyone wanting to attend the function after 7:15pm will be allowed in at no charge.**

I was listening to an person who had 10 years sobriety complaining that nothing really got better, In fact the only thing that changed was that mind altering substances where not being used. He said he still hated his wife, he hated the government, he hated his job, and he hated how much he was getting screwed in the game of LIFE. He complained that his children were bleeding him dry financially; He complained about his neighborhood, He complained about how his siblings did nothing, but got all the inheritance.

Being sober accounts for 12% of the solution, 88% is spiritual which also bridges into the mental. There is a lot more in dealing with the disease of addiction than just quitting. A major transformation must happen, an inside job!

**GOD (GOOD ORDERLY DIRECTION) = SERENITY**

-Anonymous

**CONGRATULATIONS TO  
MS. TROY**

On

**30 YEARS**

**Continued sobriety!**

**The CA Helpline**

**Available, 24 hours a day 7 Days per week. There is always help on the other end of the line!**

**402-978-8881**

<http://www.canebraska.org>

The Nebraska Area Newsletter is a bi-monthly publication published by Cocaine Anonymous of Nebraska Area Chapter of Cocaine Anonymous. It is intended solely to provide information for the fellowship of Cocaine Anonymous. All Cartoons contained herein are property of CA Nebraska. We hope to communicate the experience, strength, and hope of C.A. members reflecting recovery, unity, and service, within the bounds of friendliness and good taste. This Newsletter presents experiences and opinions of Cocaine Anonymous members. Those opinions expressed herein are of the individual contributors and are not to be attributed nor taken as an endorsement by Cocaine Anonymous, Cocaine Anonymous World Services, Cocaine Anonymous World Service Office, Inc., Cocaine Anonymous of Nebraska Area Chapter of Cocaine Anonymous or Nebraska Area Newsletter. The editors reserve the right to edit any submissions in adherence to the Twelve Traditions of Cocaine Anonymous. In the spirit of Tradition 6: "We are not allied with any sect denomination, politics, organization or institution". If you would like to know more about Cocaine Anonymous, the Twelve Steps and the Twelve Traditions please write and ask for C.A. World Service Conference approved literature at CAWSO, 3740 Overland Ave., Suite C, Los Angeles, CA 90034. E-Mail to: [info@CA.org](mailto:info@CA.org) or by Fax to: (310) 559-2554, Contact CA by phone at (310) 559-5833. Also note that the C.A. World Service Office web page is: [www.ca.org](http://www.ca.org). Please also note this publication and all its contents are copyrighted by Cocaine Anonymous of Nebraska Area Chapter of Cocaine anonymous. Any unauthorized duplication or publication is prohibited. This Newsletter and previous issues are Available. On-line @ <http://www.canebraska.org>

## **CA STORIES**

**OUR STORIES ARE TOLD IN A GENERAL WAY, WHAT WE WERE LIKE, WHAT HAPPENED AND WHAT WE ARE LIKE NOW**

### **My Story is One of Gratitude**

My story is one of gratitude. As I sit and rehash the last year I can't help but think of how far I have come and how grateful that I am for cocaine anonymous. One year ago I hadn't seen my children in over a year. I had not talked to my mother in six months. I was jobless, almost homeless, and had no hope of ever achieving anything in life except drowning my sorrows away in a fog of alcohol and drugs. That was all that I had ever known. I have spent most of my adult years in and out of the county jail, behind on my child support and an outcast to my family.

If you would have told me one year ago where I would be right now I would never have believed you. Today I have had my relationship restored with my children, my family, and my wife. I am in school to be a counselor, and live in my own apartment and I owe it all to the lessons that I have learned in C.A. and by my faith in the God of my understanding. It all started by sitting down with a sponsor and following the simple spiritual suggestions in the Big Book. I thank God that the members of C.A. welcomed me into their family and loved and believed in me before I could do it for myself. As I look at all that has been given me by the grace of God I can't wait for more to be revealed! So thank and love you all God bless.

Mike M.

### **What is CA**

What is C.A.? It is a fellowship of men and women sharing their experience strength and hope. The fellowship is where I learn to have a relationship with my family. I didn't know that by hanging out with you all, I would learn unconditional love. I now have a power that you all lead me to that can do anything but fail. I didn't know that I would learn how to love others. It was when men and women showed me love is when I was able to love others. I feel the greatest gift I received is the gift of a higher power. I will not try to tell you that you have to work the program like me, or feel the way I do about the program. Just do what's in front of you and leave the results up to a loving power that pulls a chronic addict back from the gates of insanity.

Willie A

### **ISOLATION**

Isolation was one of my biggest fears. I found myself always alone with cocaine as my friend. This isolation separated me from the rest of the world, my friends and family. But through sponsorship and the 12 step process I have been given a new direction and one of the steps that helped me with this isolation was Step 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

When we reached C. A. and for the first time in our lives stood among people who seemed to understand the sense of belonging were tremendously exciting. I still felt alone because I was feeling self-pity and remorse. I did not understand why, I wrote down some defects of character in Step 4. But after asking my sponsor the question of why again, this statement was revealed that convinced me why I should talk with another person about my past. Hence it was most evident that a solitary self-appraisal and the admission of our defects based upon that alone wouldn't be nearly enough. We'd have to have outside help if we were surely to know and admit the truth about ourselves- the help of God and another human being. Only by discussing ourselves, holding back nothing only by being willing to take advice and accept direction could we set foot on the road to straight thinking, solid honesty, and genuine humility.

By Ray M

## CA STORIES

OUR STORIES ARE TOLD IN A GENERAL WAY, WHAT WE WERE LIKE, WHAT HAPPENED AND WHAT WE ARE LIKE NOW

### BUMPY ROAD

Greetings my brothers and sisters in the land of C.A. I just want to say a little something to you about the "bumpy road". This road of which I speak has many dips, pot holes, limps and bumps. In my walk on this road, I have hit the bumps of life in which my drugs and alcohol use has brought me and to a degree still bring. The potholes of ungodly relationships, the lies and broken promises. The dreams lost to the madness of this road are my lot. But I thank the God I have found of my own understanding, that on this road I have met others- a fellowship of men and women who walk this same road together. And in unity work a program and take steps that make this road not so bumpy. Sure there are still limps and bumps and potholes in this road and there always will be. But today a power greater than I lead me on this road and I see the bad spots more clearly. That's not to say I don't still hit some, I just avoid more now. It has been said in any moment of decision, the best thing you can do is the right thing and the worst thing you can do is nothing. Coming to C.A. is the best thing I ever did in my life.

William

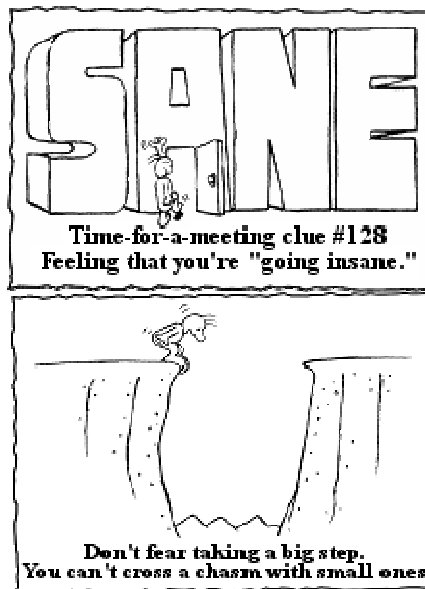
### The Lighter Side of CA

I came to this program to save my ass and found it was attached to my soul.

I was the type of person who would eat and drink everything you had in your medicine cabinet.

If you can't get what you want, learn to want what you get.

Sponsor saying #86: Who's not doing it your way today?



*The Lighter Side is Property of CA Nebraska ©*

### C. A. Wisdom

If your life worked so well, what are you doing here?

Some things have to be believed to be seen.

Thank God for all the drinks and drugs I've ever had, because it took them all to get me here.

There is absolutely no pain in change or growth. The Pain is in the resistance to the change or growth.



GOD, GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE. THE COURAGE TO CHANGE THE THINGS I CAN, AND THE WISDOM TO KNOW THE DIFFERENCE.



## LINCOLN, NEBRASKA COCAINE ANONYMOUS HAPPENINGS

### Lincoln CA Meetings

#### Sunday

#### KEEPING IT REAL

7:30 p.m.  
2015 South 16<sup>th</sup> Street  
Lincoln  
Open Meeting- No Smoking

#### Friday

#### SOLUTION SEEKERS

7:00 p.m.  
United Church of Christ  
1302 F Street, Lincoln  
Open Meeting - No Smoking

### THE ULTIMATE TRICK PLAY

A former UNL wingback starter in the early 1980s, Anthony is willing to bring his dark secret into the light now, especially since UNL will play Clemson in the Gator Bowl on New Year's Day in Jacksonville, Fla.

The last time those two teams met, Clemson beat Nebraska, 22-15, in the Orange Bowl to claim the 1981 college football national championship. Anthony scored the game's first touchdown on a 25-yard pass reception from I-back Mike R.

It was a trick play that caught the Clemson Tiger defense off guard. One of the most popular athletes on the Nebraska campus, Anthony never dreamed that Cocaine could trick him so repulsively that it would ruin his eight-year marriage, destroy close friendships, put him behind bars and threaten his life more than once.

Amazing something like that could happen to someone who didn't even drink alcohol in his first three years of college. "I was the designated driver," explained Anthony, who became addicted to cocaine when he had time, money and an ego so far out of whack that it ended his four-year NFL football career.

Anthony S

### The Catered Waiter Event

The event was an absolute smash hit. People from Omaha, Lincoln, Iowa, Kansas and Missouri came to Lincoln. The food and fellowship was great! The event was to help the raise funds for the Midwest Regional convention to be hosted by CA Nebraska in Omaha at the Double Tree Hotel 16<sup>th</sup> and Dodge Street. The goal was shattered and the goods were delivered. Our CA brothers and sisters in Lincoln know how to party. Lincoln CA also wishes to thank all of those who drove many miles to come celebrate this special event. We know Lincoln will produce a few great venues in 2009 look for the Lincoln Corner to bring them to you first, or second.